

★ Pharmaceutical drug abuse has been an **exponentially rising concern** over the past 10 years, especially in our adolescent populations. The youth are finding new ways to use prescription and over-the-counter drugs as avenues to get **"high"**.

★ These 7 million abusers were just 3.8 million in 2000, an **80% increase** in just six years.

★ Nearly **1 in 10** high school seniors admits to abusing prescription painkillers.

**13 years old**

is the mean age for first use (abuse) of non-prescribed sedatives and stimulants.

★ Approximately 40 percent of teens and an almost equal number of their parents **falsely believe** abusing prescription painkillers is safer than abusing "street" drugs.

Opioid painkillers now cause more **drug overdose deaths** than cocaine and heroin combined.

Most commonly abused prescription drugs:

### 1. PAIN RELIEVERS/ OPIOIDS

HYDROCODONE, OXYCODONE, MORPHINE,  
FENTANYL, CODEINE  
**VICODIN, OXYCONTIN**

### 2. STIMULANTS

AMPHETAMINES, METHYLPHENIDATE  
**ADDERALL, DEXEDRINE, CONCERTA,  
RITALIN**

### 3. CNS DEPRESSANTS

BARBITURATES, BENZODIAZEPINES, SLEEP  
MEDICATIONS  
**MEBARAL, NEMBUTAL, VALIUM, XANAX,  
AMBIEN, SONATA, LUNESTA**

For more information  
about RX Drug Take-  
back in Idaho, visit

[www.odp.idaho.gov](http://www.odp.idaho.gov)



## Prescription Drug Abuse



### INFORMATIONAL GUIDE

"Nearly **7 million** Americans are abusing prescription drugs—more than the number who are abusing cocaine, heroin, hallucinogens, Ecstasy, and inhalants, **combined.**"

\*U.S. Drug Enforcement Administration (DEA) Fact Sheet: Prescription Drug Abuse - a DEA Focus



Information provided in this brochure reviewed by U.S. Drug Enforcement Administration and Idaho Office of Drug Policy. Printed by Idaho's Regional Advisory Committees on Substance Abuse Prevention and Treatment.

## Abuse of Over-The-Counter (OTC) Cough and Cold Remedies

DMX is the active ingredient found in over-the-counter cough and cold medications. With the consumption of excessive amounts of liquid or gel caps, DMX can cause effects similar to those of PCP and ketamine: impaired motor function, numbness, nausea/vomiting, increased heart rate and blood pressure.

Street names: Robotripping,  
Skittling

Prescription  
painkillers are new  
drug users' **drug  
of choice**, over  
marijuana or  
cocaine.

Today, **2,500** youth  
will abuse a pain  
reliever for the first  
time.

Approximately **70%** of children who abuse prescription drugs get them from friends or family. Prevention starts in your home with the proper storage and disposal of your medications.



✦ Safeguard all drugs at home. Keep an inventory of, as well as **control access** to, all prescription and OTC medications. Ask friends and family to do the same, especially grandma and grandpa.

✦ Look for local **take-back programs** that properly dispose of your expired and unused medications. Do not flush medications down the toilet.

✦ **Educate** yourself. Educate your children. Educate your community.

## THE DANGERS OF PRESCRIPTION DRUG ABUSE

### **OxyContin/Vicodin: painkillers**

- High risk of OD/DEATH
- Addiction
- Respiratory Depression
- Drowsiness
- Constipation
- Should not be used in combination with other substances

### **Xanax/Valium: CNS depressants**

- Addiction/withdrawal
- Overdose
- Death
- Severe breathing problems
- Higher risk when combined with other medications or alcohol

### **Adderall/Ritalin: stimulants**

- Addiction/withdrawal
- Dangerously high body temperature
- Seizures
- Cardiovascular complications

Information in brochure came from these sources:

\*U.S. Drug Enforcement Administration (DEA) Fact Sheet: Prescription Drug Abuse - a DEA Focus

\*SAMHSA, 2008 National Survey on Drug Use and Health, September 2009

\*National Institute on Drug Use (NIDA) InfoFacts: Prescription and Over-the-Counter Medications